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From left Haliburton Highlands Amazing Race co-founders Renate Black and Anna Froebe pose next to Jean Munroe and Lynette Gray from the Minden Community Food Centre. /THOMAS SMITH Staff

Amazing Race brings wacky shenanigans to Minden

by **THOMAS SMITH**
Editor

Anna Froebe and Renate Black are co-founders of the Haliburton Highlands Amazing Race. This event was created for participants aged 50 plus with the goal of having fun and raising money for the Minden Community Food Centre.

"This is a car rally type event where participants register with us. We have nine couples that are registered that will be in their vehicles going from station to station. They will be performing physica, sometimes intellectually stimulating tasks," explains Anna Froebe. "Everything will be scored so there will be some type of timing or measurement to complete the activity at each station."

"In between, there are things we call focal points, so in the time it takes to get from one station to the next, they can take the time to gain bonus points. For example, they may be taking a specific photograph of something. They are just fun, quick and dirty events just to have some fun and to

see AMAZING page 3

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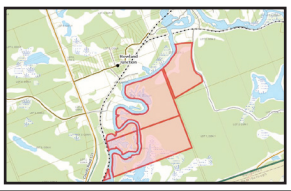

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Enviro-cafe highlights the impact climate change has on human health

by THOMAS SMITH
Editor

Last Tuesday, Grace Kuang and Dr. Tyler Rouse from the Canadian Association of Physicians for the Environment (CAPE) presented on the adverse human health risks associated with climate change and actions people can do to prevent them.

Indigenous voices and way of life have been considered throughout the CAPE's beliefs and practice to address climate change.

"As Tyler and I got involved in the climate space, we both realized that we cannot talk about it without indigenous voices," said Grace Kaung, a third year medical student at the University of Toronto. Indigenous peoples only comprise 5 per cent of the world's population but their traditional land contains most of the biodiversity, said Kuang.

CAPE has three goals:

1. Recognize the direct and indirect physical and mental health impacts of climate change
2. Individual and system level opportunities to advocate for reduced climate in
3. Demonstrate an appreciation of understanding climate change

"Climate change is inextricably linked to health that's why the World Health Organization identified climate change as this century's single biggest health threat. Slow action is akin to no action," said Rouse.

Kuang referenced Robin Wall Kimmerer's book Braiding Sweatgrass and said "One of the main ideas that she counters is that humans are not bad for the planet. Many narratives situate that we have to leave cities. [Kimmerer] argues that we are very connected and that her people are very connected to the ecosystem," explains Kuang. "Many of her people see the Earth as an extension of a family member or body part.'

For this presentation, the two members of CAPE offered several issues in which they invited members of the audience to discuss.

The first issue discussed was heat waves. "Heat stroke is a medical emergency because it is life threatening. We saw this in 2021 during British Columbia's heat event," said Rouse. Canada's death toll for the 2021 Western North America heat wave is approximately 800 people. Prepubertal children, the elderly, and the physiologically disabled, those who are working outdoors, and people who do not have air conditioning in their housing unit, and typically those with lower socio-economic status are the most vulnerable to heat waves, said Rouse. "Heat waves kill the most people annually."

The second issue discussed was air pollution. The case presented involved a young child having breathing difficulties during the wildfires in Quebec last year. "The airways get swollen and thicken so less air can get in and out of the lungs. What is important to know is what triggers this to happen. Wildfire smoke is a trigger to our lungs and can induce an attack," said Kuang. "They are very serious and severe one can cause respiratory failure and even death if left untreated."

"Air pollution isn't just caused by wildfires but also by the direct burning of fossil fuels," said Kuang. They cause chemical reactions that can damage parts of your body. They can cause things like lung cancer and other respiratory lung conditions. As air diffuses into the blood vessels into your lungs, pollutants can travel and traverse the blood-brain barrier, leading to long-term damage throughout your body, said Kuang. People with chronic illnesses, seniors, children and pregnant women are the most affected by polluted air. Around nine million premature deaths occur worldwide. Around 16 per cent are due to air pollution. 92 per cent of those are from low income households. Air pollution can affect respiratory health hundreds of kilometres away. Last year's wildfires lead to an increased uptick in asthma related events in New York, says Kuang. WHile in medical school, Kuang says that one cadaver's lung was black. When asked if the person was a smoker, she was told no, that they were a resident of the East end of Toronto and lived in a heavily polluted area.

The third case president was infectious diseases. "The tick numbers are up this summer because of our mild winter," said Rouse. "Lyme disease is spread through ticks, caused by bacteria." These ticks first arrived in southern Ontario in the 1990s. Rising annual temperatures have made their populations grow and venture further north. Other diseases in the form of vector-borne diseases such as West Nile virus have been able to travel from the southern United States of America to Ontario, says Rouse. Another local issue is harmful algal blooms. These blooms produce a toxin that can irritate skin, cause nausea, diarrhea and vomiting. Several blooms have prevented the enjoyment of our local lakes in recent years. These blooms are caused by a combination of runoff and warmer temperatures rapidly growing microorganisms in our water.

The fourth case presented was mental health. Namely, eco-anxiety. This is a new term in psychiatry. Climate change has had a massive impact on young Canadians. Out of 1000 young Canadians surveyed, 39 per cent are hesitant to have children due to climate change."There are all these things that are going on outside that our healthcare system is not prepared for," says Kuang. "You just want to enjoy being young but there are harsh realities." In areas after hurricane Maria, children developed PTSD at almost double the rate of the general population. Farmers in India are committing suicide in record numbers. Climate change has brought extreme weather to areas which lead to farmers being unable to repay debts.

"When you start labeling these mental health problems as a sickness, political awareness starts to dirif away. PTSD was a diagnosis in vogue after the Vietnam War. The effects of PTSD are real, but in retrospect, were we not better off calling this problem 'being messed up by war?', said Kuang, quoting Bruce Levine, eco-psychologist."

"The richest 10 per cent produce 50 per cent of the world's carbon emissions. The poorest people are only responsible for 10 per cent of CO2 emissions," said Kuang. "Minorities and those that are unhoused are often at the most risk for these harmful things to your health."

What actions can be done as a resident of Haliburton County? On an individual level, you can use active transport including walking, running, and biking. Easing plant based proteins into your diet in the form of nuts, seeds, and legumes decrease the need for large-scale industrial agricultural practices that harm the environment. Foods with added sugars were also recommended to reduce for a better environment.

"We are designed to be in contact with nature," said Kuang. "We are designed to be in contact with the natural world."

"The concept of a carbon footprint was created by huge companies like BP," said Kuang. They have fueled massive information campaigns to cover up their activities."

"People can feel ashamed and powerless when they do not feel like a perfect environmentalist. Anything that keeps us focused moment to moment when you are making conscious decisions has to be a good thing," said Kuang.

"The reasons why the climate disasters are occurring more frequently is because of the burning of fossil fuels. We will need some sort of systemic change to limit the usage of fossil fuels."

"If we change the system, convert our energy sources form fossil fuels to renewables, we can change millions of people health statuses without changing things at a personal level

"One of the most important things we can do is talk to our family and friends about climate change," said Rouse. "The chances are is that your family and friends are thinking about this and are worrying about it"

Framing climate change as a health issue has the greatest impact on people. People can easily visualize and grasp the concepts of health. It is inherently motivating, unlike graphics of polar bears on melted ice caps that can lose the message quickly and instill an unavoidable sense of doom.

"You can do a whole bunch of system level campaigns," said Kuang. Attempting to stop new fossil fuel developments, shutting down coal and natural gas plants, trying to support renewable energy projects, supporting policies to speed up electric vehicle adoption, and supporting the development of local transit were listed.

"You here in Haliburton are represented by Conservatives," said Rouse. "They are the people that need to hear it the most in my opinion. If they are not hearing it from us, they will continue to not change their viewpoint."

Take the message about how health is impacted by climate change and talk to your elected officials about it, pleaded Rouse. "It might feel intimidating or that you are not too informed to speak about but you are not," says Rouse

"It's a heavy topic, it is scary," said Rouse. "Action is the remedy to despair."

In a later Q&A for the talk, Bob Carter, mayor of Minden Hills said "you're right, nobody brings this up to the conservative MPs because they have this preconceived notion that these people must be evil."

Amazing Race partners with community food centre

from page 1

add to the competition," said Renate Black.

"At the end of the day, there is a bbq party at our base," said Froebe. "Points will be gathered from the volunteers at each station and then we will be awarding prizes for first, second, and third."

"For this year, it is based in Minden only," said Froebe. "We wanted to keep the travel in between the stations limited. We thought about having the stations between Minden and Haliburton, but it is 20 minutes to half an hour there and back again. We wanted to have more activities and less travelling."

No stations or activities have been announced, but it has been teased to the *Times* that activities will not only take place on land, but on the water as well.

"We are partnering with the Minden Community Food Centre," said Froebe. "They are one of the stations in which participants will be doing a specific task to support the food centre. We are asking all participants as part of their registration, which was $20 and matched by one of our sponsors, to bring non-perishable food items for the centre."

"There are several activities throughout the day that will help support and bring awareness to the food centre," said Frebe.

"There could be shenanigans going on throughout the community," said Frebe. "There could be weird stuff and we want business owners and the community to be aware."

Participant slots are now full, but the Haliburton Highlands Amazing Race is still looking for volunteers. Sponsors are also needed to help support this event.

"Sponsors will be recognized throughout the day and acknowledged," said Froebe. "From us, you will get some advertising throughout the day, be it in the form of spectators, participants, and on the radio."

The Minden Community Food Centre is a valuable source and background in the community," said Froebe.

"We realized the need within the community, the numbers are staggering. We have become more aware of some of the services they do. Renate and I have been working on this project for 10 months." Initially, Froebe thought of the idea before the summer of 2020. The idea was put on hold due to the COVID-19 pandemic.

"We first sent out an email to all of our closest friends and family and said if they were interested, they'd have to let us know by such a date," said Froebe. Four partner spots were filled, with the remaining five being filled through ads posted online through Marketplace and Facebook event groups.

On August 17, you may notice participants wearing matching outfits or accessories. Consider this your warning that a participant may ask you for an item, picture, or autograph to assist their Amazing Race adventure.

"Next year, we'll probably do a repeat. As to whether it will be larger or not, we are not sure," said Black. "We will have to see."

"We are wanting to do it for fun. We are looking to have engagement from community members and have some involvement with our partnership for the centre and to bring greater community awareness, support, and sponsorship," said Froebe.

"For the month, there are probably 250 families that use our services," said Lynette Gray, assistant manager of Minden Community Food Centre. "That number is getting bigger every year."

The Minden Community Food Centre also offers services for those in need of other toiletry items and can assist in finding bedding, shelter, and more.

"Everything helps. Every little thing that people can do can make a difference," said Gray.

> "There are several activities throughout the day that will help support and bring awareness to the food centre."
>
> — ANNA FROEBE, CO-FOUNDER OF THE HALIBURTON HIGHLANDS AMAZING RACE

Food insecurity affects people of all ages and backgrounds within our community. If you would like to volunteer with this event, please email haliamazingrace@gmail.com.

If interested and able, the Minden Community Food Centre accepts non-perishable food items at their location at 24 Newcastle Street in Minden. If you would like to contribute financially to the food bank and fight food insecurity in Haliburton County, you can do so on their website mindencommunityfoodcentre.ca/donate or donations can be accepted by volunteers Mondays and Wednesdays at 11 a.m. to 3:30 p.m.

Happy swimming: E. coli beach monitoring begins

by **JAMES MATTHEWS**
Local Journalism Initiative Reporter

In a region with many lakes and beaches, having an accurate idea about the health of those waterways is paramount.

With summer nearing, the Haliburton, Kawartha, Pine Ridge District Health Unit is about to kick off its Beach Water Monitoring program that will provide regular E. coli testing results across 56 monitored public beaches throughout the region.

Test results will be updated every Friday on the public health unit's website throughout the summer until Aug. 30.

E. coli can cause nausea, vomiting, headache, fevers, severe stomach cramps, and watery or bloody diarrhea.

Staff will collect water samples that will be forwarded to the provincial lab for E coli testing. The unit has a tri-colour system to communicate the safety level of swimming.

Green or low risk means the beach is open and is safe for swimming.

Yellow or moderate risk indicates a warning that high bacteria counts may be in the water. Swimming is not advised and may lead to illness.

Red indicates a high risk and that the beach is closed because of elevated bacteria counts.

"Our Beach Water Monitoring program tests 56 public beaches weekly for levels of E. coli that can be potentially dangerous to one's health," said Bernie Mayer, the unit's health protection manager.

"Our 2022 Resident Survey showed that 69 per cent of respondents did not review the beach water test results before entering the water. Enjoy your summer but please also prioritize your health by staying informed."

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MINDEN HILLS Cultural Centre

MINDEN HILLS CULTURAL CENTRE

- The Agnes Jamieson Gallery is pleased to welcome back artist Michèle Karch-Ackerman with her new exhibit Flower Orphanage. The exhibit is on display until August 17. The Gallery is open Tuesday to Saturday from 10 am – 4 pm. Visit the online calendar for more info: https://calendar.mindenhills.ca/default/Detail/2024-06-15-1000-Flower-Orphanage-An-Exhibit-by-Michele-Karch-Acker
- The Minden Hills Museum, Heritage Village and Nature's Place are now open for the season Tuesday to Saturday from 10 AM – 4 PM. Join us for daily tours and drop-in programs including Wildlife Crafts, June 20 from 3-4 pm; Toddler Discovery Zone, June 21 from 11 am – 12 pm; and Hands-On Saturday from 11 am – 12 pm.
- Join the Minden Hills Cultural Centre and Haliburton County Public Library to recognize National Indigenous Peoples Day for a special screening of The Road Forward (2017) at the Cultural Centre on Thursday, June 20 at 5:00 PM. Admission is free, and all ages are welcome. For more info: https://calendar.mindenhills.ca/default/Detail/2024-06-20-1700-The-Road-Forward-Documentary-Screening

For more information on all our programs and exhibits: email culturalcentre@mindenhills.ca or call 705-286-3763.

WATCH FOR WORKERS

Construction season is here. Keeping a work site safe includes everyone. Slow down and watch for workers when approaching road work sites.

COUNCIL MEETINGS VIRTUAL, IN-PERSON

Council and Closed Session meetings are currently being conducted with a hybrid model of in-person (Council Chambers, 7 Milne St., Minden) and electronic participation in accordance with the Municipal Act. Meetings begin at 9:00 a.m. unless otherwise noted. The scheduled upcoming meetings are:

- **June 27** – Regular Council Meeting
- **July 25** – Regular Council Meeting

Members of the Public are invited to observe Council proceedings by attending in-person or via the live-stream link on the Township CivicWeb Portal at https://mindenhills.civicweb.net/Portal/MeetingTypeList.aspx. Visit our website for more information.

SEPTIC RE-INSPECTION PROGRAM

For the remainder of 2024, the septic re-inspection program will be paused as staff review the program. Additional information on future septic re-inspections will be provided to Council and residents this coming fall.

Residents are encouraged to continue with the usual maintenance of their septic systems. Inspections for new and replacement septic systems will continue to be conducted.

NATIONAL POLLINATOR WEEK (JUNE 17-23)

We are celebrating National Pollinator Week. There are several ways you can help pollinators.

- Support pollinators right in your backyard by creating habitat such as a native pollinator garden.
- Reduce or eliminate the use of pesticides.
- Inform and inspire others.
- Conserve all our resources; use less and reduce your impact.
- Support local such as buying local honey.

EMPLOYMENT OPPORTUNITIES

We are currently seeking energetic and highly motivated individuals for the following positions:

- Casual Community Services Operator
- Volunteer Firefighters

Please visit our website at www.mindenhills.ca/careers/ for a complete list of available positions and how to apply.

IMPORTANT TAX INFORMATION

The 2024 Final tax bills were mailed on Friday, June14th, 2024. If you have not received your bill(s) prior to the July 19th, 2024 due date, please contact our office.

The Final tax bill will be payable in two installments: July 19th and September 20th, 2024. The bills are calculated using your property's MPAC assessed value and the appropriate tax rate. The tax rates are available on our website at www.mindenhills.ca.

Payments received after May 31st may not be reflected on your tax bill. Please note that any overdue amounts shown on your tax bill do not include penalty/interest for July. Please contact our office for a current balance.

New landfill cards are included with the final tax bill. These will take effect on July 1, 2024. It is imperative that property owners ensure they have these new cards when visiting the landfill.

Property owners are responsible to provide to the Municipal Office written notification of any address change. As per the Ontario Municipal Act, 2001, failure to receive your tax bill does not exempt penalty charges from being applied to a tax account.

PERMIT APPLICATIONS

Looking to apply for an Entrance or Wide Load Permit? Visit our website www.mindenhills.ca/entranceandwideloadpermits/ for more information.

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The Coalition of Haliburton Property Owners' Associations (CHA) hosted their One Million Snails event this past weekend where volunteers celebrated the milestone of having removed one million invasive snails from Haliburton County lakes. /TIM YANO Special to the *Times*

CHA removes one million invasive snails

by **THOMAS SMITH**
Editor

In 2020, the Coalition of Haliburton Property Owners' Association (CHA) was approached by the South Lake Association of Cottagers and Residents to discuss an abundance of mystery snails covering the bed of their lake, reducing the enjoyment of boaters, paddlers, and swimmers in the County.

"They had been removing the snails and then found out that in order to remove the snails, they needed a license," said Paul MacInnes, chair of the CHA. "There are valid reasons why you need a license. We started enquiring and found out licenses were available. It took about two years to get a license and applied to one person on one waterbody."

"At this point the OFAH had been involved because they had been providing advice to us on how to remove the snails. The authority for granting these licenses was the Ministry of Natural Resources.".

"We had a serious problem and needed to develop a system to grant multiple licenses and to get them in the period of a couple of months, rather than years."

Over the winter of 2020, the Invasive Species Awareness program, CHA, and the Ontario Federation of Anglers and Hunters developed a new licensing program under scientific collections permit to allow hundreds of people to get the license at the same time.

"In 2021, we ran a training program for approximately 400 volunteers from 40 different lakes and all of those people then passed their qualifications and were able to be listed under the master license that is controlled by the invasive species awareness program, so we started collecting snails," explained MacInnes.

"It's quite a process, we had to get permission form the four municipalities to dispose of these snails. They have to be handled very carefully, double bagged in clear bags. A seagull could pick up an invasive snail and drop it in another lake and suddenly you have the same problem in another lake."

"It was a big success, we had 400 people licensed and picked out over 400,000 snails the first year."

This year will be the fourth year of the Mystery Snail Project. Licenses were issued just before the May long weekend and will expire in the fall before the trout spawning season begins. The CHA is planning on collecting their 1,000,000th snail from the lakes in Haliburton County.

"We're never gonna be able to eliminate these snails. They breed very quickly. Each snail can give birth to approximately 100 baby snails each year and they do not come out as eggs, but as fully formed as snails with the shell. Unlike other snails that come out as eggs and can be quickly eaten by fish," said MacInnes.

"The snails can spread viruses and illnesses, cause swimmer›s itch and can get so thick you cannot walk in the water. When they die they float up and it is not comfortable to swim in the lakes."

Internationally, people have admired the program's success and presented it at international conferences like Belgium.

"We have an incredible volunteer community and people really care about the lakes. We continue to run the training program every spring and get a couple hundred people or so licensed every year."

"It's not a one time thing, I do my shoreline every second day or shore and I go back two days later and there will be less, but new snails in the area," said MacInnes.

"It points to the need for all of us to watch what we need to do like clean, drain, and dry our boats." That is the biggest single way that invasive species are spread throughout our lakes, said MacInnes.

As a snail harvesting volunteer, you go out and collect the snails. After collecting them, you have to fill out an online form that says where you collected the snails, provide pictures to verify the snail and how many snails were collected. Photos of the snails must be submitted to experts to ensure you are only collecting invasive species and not a native species of gastropod.

"We're dealing with volunteers, not people who are employees," said MacInnes.

"The fact that we have had 300 to 400 volunteers speaks volumes. That is a huge number of volunteers. People are pretty positive about it. They see a positive impact on their swimming area and boating area. These things also hurt the fish population because they out-compete other snails that are food for fish. It's been very, very positive. People keep coming out year after year."

"One of the principles of the program is that they are living creatures and they need to be euthanized in the most humane way possible. It has taken some time to figure out the best method. One of the first things that was suggested was to bury them," said MacInnes. "They have experimented with it and found that some were still alive after three months. The current method is to put them in double-bagged clear bags left out in the sun and the heat will euthanize the snails."

"It's a celebration for the folks on South Lake. Without them, the program never would have happened," said MacInnes.

"If we end with one message, clean, drain, and dry is so critical. I am so incredibly proud of this program and the volunteers we have in Haliburton County. We are known throughout the area and in North America for our dedication to lake health."

Chinese mystery snails were unintentionally introduced to Ontario waters and are an invasive species.

Volunteers stop for a photo during the mystery snail clearing event.

Still no date set for MPAC property assessments

by **JAMES MATTHEWS**
Local Journalism Initiative Reporter

There is still no word on when the next general assessment of property values in Ontario will be carried out.

Haliburton County council heard during its June 11 meeting that property values will continue to be based on the 2016 assessment, the last time such an evaluation was undertaken by the Municipal Property Assessment Corporation (MPAC).

And that puts municipalities of all sizes in a bind when prices for materials and services continue to increase following supply issues created by the COVID-19 pandemic shutdown. At least, that's often the reason given for price increases.

"Given when the last general assessment was done, that assessment does not cover the cost of servicing in municipalities," said Warden Liz Danielsen, the mayor of Algonquin Highlands.

"I know that it's not something that's within your control, when the next general assessment is done, but is there anything that you can say related to that, when the next general assessment will take place?"

The question was asked of Sarah Groves, account manager in municipal and stakeholder relations at MPAC.

"I do not have any information as to when the next general assessment update will occur," Groves said.

She said MPAC is part of an ongoing a provincial property assessment and taxation system review.

"So that is ongoing," Groves said. "I would anticipate that we may hear something when that review is done, but at this point we do not have a new evaluation date."

She said the agency has added more than $55 million to the assessment rolls in Haliburton County this year. That is about 35 per cent of what MPAC hopes to pick up for the whole year.

"So we are adding that new assessment to your rolls and recognizing previous years as well," she said. "Even though we've added $55 (million) to date this year, we've actually in fact added $111 million for this year plus the last couple years as well for structures that were completed in the last couple years."

Councillor Cecil Ryall, the deputy mayor of Highlands East, said owners of newly built houses pay current prices for permits, materials, and labour. And then their property is valued according to the benchmark set almost a decade ago.

"How do they get their value that they paid?" Ryall said. "The cost of the build in 2024 dollars is more than the 2016 value of the property had it been built in 2016."

"We time-adjust all of that information," Groves said. "There are calculations done in the background that would estimate what that house would have been valued at as of Jan. 1, 2016."

Earlier in her presentation to council, Groves said there are about 5.6 million homes in Ontario that are being tracked by MPAC. Coun. Bob Carter, the mayor of Minden Hills, wondered how many of that tally were built since 2016 and therefore have not been assessed using updated figures.

"All properties would have had an update as of Jan. 1, 2016," she said. "We have updated the values on them. Whether we have physically stepped foot on that property or done an inspection on that property is a different thing."

Carter said many people don't realize how their property taxes are calculated. MPAC should be responsible to answer such questions, not municipal staff.

"We don't have the resources to handle it," Carter said.

Groves said her organization is willing to support residents and municipalities to answer questions.

Coun. Murray Fearrey, Dysart's mayor, said there could have a property in his township that's listed for sale for $4 million and sells for $3.7 million but is assessed at $700,000.

"When I get somebody that just built a new place and they're assessed higher and they could only get $1 million for their place, how do I answer that question?" he said.

"Cottage country is a little bit of a different beast than your typical urban residential area," Groves said. "Your sales really drive what those values are going to become the date we get that evaluation."

"This is a bigger problem than I think you realize," Fearrey said.

Gary Dyke, the county's CAO, said the county calculates its revenue stream based on reassessments and apply it to the needs as expenditures.

"We were actually in a revenue deficit over the last eight years because of the length of time it's taken the province to realize the fact we're eight years behind in the assessed value of properties and it hasn't taken into account the inflation that we're paying for our services as well," Dyke said. "It's a balancing act."

"To be honest, as a taxpayer I don't understand tax rates," Ryall said. "I don't want to understand tax rates. I want to understand the number that's on the bottom of my tax bill. That's the only number that matters to me."

> "Given when the last general assessment was done, that assessment does not cover the cost of servicing in municipalities.
>
> — WARDEN LIZ DANIELSEN, THE MAYOR OF ALGONQUIN HIGHLANDS

The new assessments, whenever they happen, is going to have higher valuations, he said. That will mean people will have taxes significantly higher than what they're accustomed to paying.

Ryall said a means is needed to pay such a large tax increase in increments over four years, as an example. Otherwise, ratepayers will be hit with a large increase at one time and not understand why the number at the bottom of their tax bill increased so drastically in one year.

Carter said people may end up waiting more than 10 years before the new assessments come about, given that no government would want to roll out such a change as the province nears an election year.

"If there's a discrepancy in how much one house went up over the other, that's where the confusion is going to be," Carter said. "I think it will go beyond confusion and directly into chaos."

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InOtherWords

Columns and Letters to the Editor

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Of health and hard times

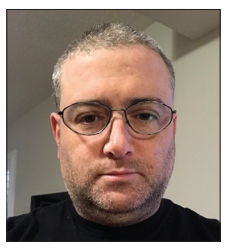
AT LEAST you have your health, right?

They can't take that away from you.

That's what was always said to sooth the pain of being figuratively kicked in the pants because of an unfairness you're supposed to accept. Get past it. Move on.

People go through divorce. People weather professional failures. We each have regret borne of opportunities not taken, the failures of omission perceived of the past. They haunt you later in life, looking back and weighing what you think you could have been. Or maybe what should be.

At least you have your health.



JAMES MATTHEWS
Times Staff

They can't hurt you or kill you in a meaningful way. Nothing is more meaningful than one's sound health. And besides, it's only a mortgage. In a time when the inflationary financial strain has been compared to that of the 1980s. And the gulf between the wealthy and working poor has never in the history of the world been wider and more cavernous.

But you have your health, at least.

The hot dog wieners you paid $4 and change for mere months ago now cost $8 and change. What's worse, those wieners seem to have gotten shorter in the regular hot dog buns. Something called shrinkflation. Like how there's much more air and fewer chips in a bag of potato chips now compared to months ago.

But we have our health, right? Some of us. Many of us. Luckily.

France Gélinas throws stones at the Ministry of Health on behalf of the NDP. She attended a recent Ontario Health Coalition's Public Hearing on Protecting and Improving Local Hospitals that happened in Haliburton. There have been other meetings and demonstrations coordinated by the group.

The location of such a meeting hosted by a crowd working to protect and improve public health care was meaningful. They gathered just down the road from Minden, a township that unceremoniously lost its emergency department a year ago. Without warning.

"It has been a year since the Minden emergency department was closed, and it is very clear that people here are still very angry with the Ford government," Gélinas said in a prepared statement. "These people believed a government that told them Ontario was a place to grow, but the services they needed to keep their families healthy disappeared.

"There is a serious disconnect between the priorities of this government and the people in Haliburton and surrounding communities."

The coalition and private citizens who wrote letters are trying to bend the ear of a government that regularly disregards what its constituents demand. Unless they're lobbyists or land developers.

Times are difficult, but at least we have our health even if affordability becomes more elusive from one month to the next.

According to the coalition, Ontario was dead last among the provinces, excluding the territories, when it came to per capita hospital funding in 2021. The coalition says that's the last year for which figures are available.

In public sector health funding per capita in 2021, Ontario provided about $75 more than New Brunswick, the province last among the group.

Many newspaper articles throughout Ontario and, indeed, Canada have been about the loss of health care resources. There's been an exodus of health professionals to other provinces after hardships of the pandemic. Clinics and, as in Minden, emergency departments have been shuttered.

But at least you have your health.

Until you don't. And then what?

Porcupine Perm

It's all about the bass

This Saturday, around here, bass season opens.

This means some anglers will need to brush up on the skills that will help them enjoy the day and perhaps even land the biggest bass of the year.

The main, and arguably most important, skill that needs refreshing is the one that helps you get out of any chore, visit, or appointment that your spouse has thoughtlessly scheduled for you.

The good news is that it is not difficult.

Heck, it can be as simple as feigning appendicitis and writhing on the floor in wait while your fishing buddies drive up disguised as paramedics in a fake ambulance to take you away for the weekend.

STEVE GALEA
Beyond 35

Having said that, there are times when getting out of a previously scheduled appointment can get a little complicated too.

Make no mistake, even this simple appendicitis ploy requires you to be quick on your feet. For instance, your partner might ask why you need to carry four fishing rods, a net, portable fish finder, cooler and tackle box to the Emergency Room. He or she might even point out that it is physically impossible to have your appendix removed four years in a row.

The standard answer to either comment is, "Ohhhhhh! My appendix! Ohhhhhh!"

These are words your fishing buddies should regard as a signal to rush you off.

Of course, if your husband or wife is the empathetic or suspicious sort, he or she might want to accompany you in the ambulance – and this is where things get a little tricky.

For if they do, this means your buddies must actually drive to an emerg – or, ideally, the fake one you've set up just in case – and then take you to a room where another fishing buddy dressed as a doctor is waiting.

(Pro-tip: Set up old fish finders in the room to look like medical equipment.)

Preferably, the person playing doctor went through at least one year of medical school, or at least played the game "Operation" as a kid. Because they have some explaining to do.

Yet, if you have a good "doctor" he or she will be able to prescribe a week of "recovery" at a fishing lodge under the care of the "paramedics."

And, as a bonus, they will also be able to explain why you are one of those rare people whose appendix routinely grows back each June.

Having gotten this far, you would think you are in the clear and would not have to worry about sentences like, "Make sure you are home for dinner. We're having company over so that we can watch old family slides, discuss stamp collecting, and refresh your chore list…"

But, alas, this is not always the case.

Sometimes, your spouse will pick up on some little clue that something is amiss – and ask questions like, "Why are there so many fishing boats in this hospital's parking lot?"

This is where a strong anesthetic comes in handy.

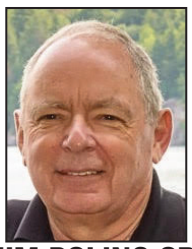
The point is, these are the kinds of skills you need to utilise to avoid a day of weeding when all your fishing buddies are out enjoying opening day.

Lastly, I can't stress enough that you must take your time and do it right. Otherwise, your spouse is going to think the whole thing looks fishy.

InOtherWords

Columns and Letters to the Editor

Harry and J. K.



JIM POLING SR.
From Shaman's Rock

FLIPPING THROUGH A bookseller's website recently I stumbled across a list of Harry Potter books.

I had read a couple of Harry's magic adventures years ago, and thought about buying another to see what was new in the world of wizardry. I didn't after being distracted by a piece about Harry's creator J. K. Rowling, who has several books written about her.

It turns out that Rowling is every bit as interesting as young Harry. She overcame a life of personal struggles and financial hardships to become a best-selling author and one of the world's richest women.

Rowling was born in 1965 at a cottage hospital in Yate, a small town in southwest England. She was part of a middle-class family – her father was an assembly line guy who worked his way into management and her mother was a technician. They were both 19 when they had the baby they named Joanne Rowling.

Joanne was 15 when her mother was diagnosed with severe multiple sclerosis, and as she wrote later, "home was a difficult place to be." Her mother was 45 when she died of the disease in 1990.

After graduating university with a degree in French, Rowling worked as a bilingual secretary for Amnesty International before taking a job teaching English in Portugal. There she met and married a Portuguese television journalist.

Rowling described the marriage, which resulted in the birth of a daughter, as short and catastrophic. Her husband abused her, hitting her and throwing her out of the house. She returned to Britain where she lived on government assistance and received treatment for deep depression.

A friend described her as "poor as it is possible to be in modern Britain without being homeless."

Rowling has written and talked about her days as a poor person.

"Poverty entails fear, and stress, and sometimes depression;" she has said. "It means a thousand petty humiliations and hardships. Climbing out of poverty by your own efforts, that is indeed something on which to pride yourself, but poverty itself is romanticised only by fools."

During her time at Amnesty International she had spent much of her time writing stories on a computer "when no one was looking." It was about that time that she began thinking about the Harry Potter stories but didn't do much with the thoughts.

It wasn't until 1995 that she finished a draft of *Harry Potter and the Philosopher's Stone*. The manuscript was rejected by 12 publishers before an independent publisher watched his daughter read one chapter and want to keep reading.

Only 500 copies of the book were printed and her editor advised Rowling to get a day job.

The publisher suggested that Rowling come up with a gender-neutral pen name, assuming that boys would not want to read a book written by a woman. Rowling picked Katharine as a middle name and her pen name became J. K. Rowling.

Six other Harry Potter books followed, selling a total of 600 million copies. The books have been called the best-selling series in history.

Probably the most interesting thing about Rowling is the way she has used her financial success to help others. She has donated millions of dollars, mostly earned from the Harry Potter books, to a variety of charities.

Harry Potter made her a billionaire, but she no longer is one because of her extensive philanthropy. It was reported that in 2011 she donated roughly 16 per cent of her total net worth – roughly $160 million U.S. – to charity.

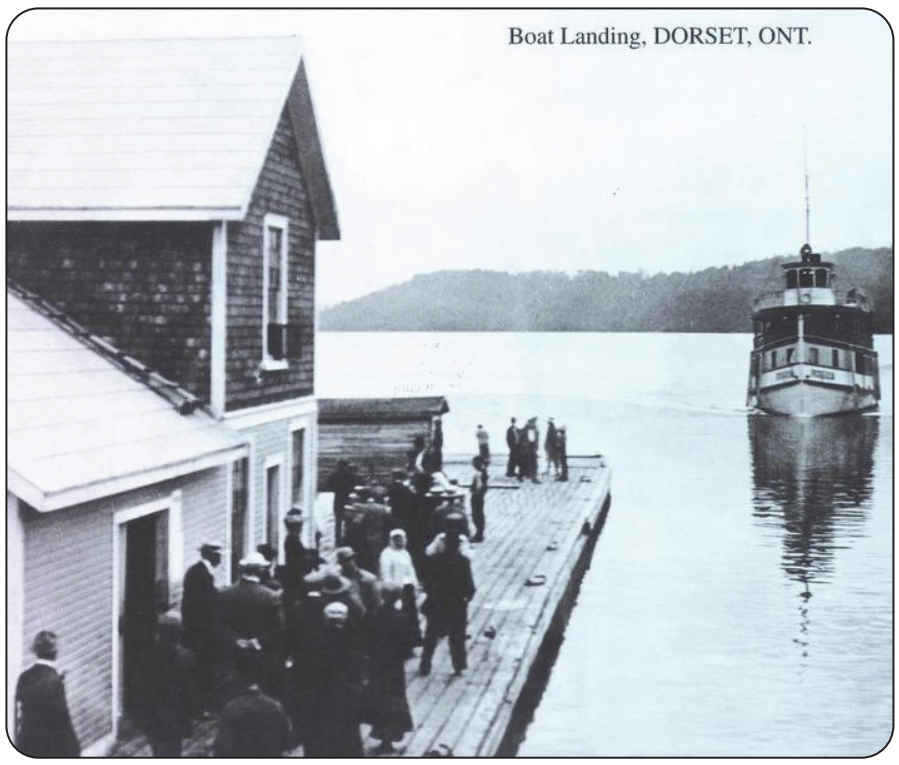
In 2015 she was listed as the second most generous donor in the UK. The first was singer Elton John.

"I think you have a moral responsibility," she says "when you've been given far more than you need, to do wise things with it and give intelligently."

In the Harry Potter series magic is a supernatural force used to override the usual laws of nature.

But Rowling says magic is not needed to change the world. Imagination can change the world when used to understand and sympathize with others, "turning into a force for good."

Minden Memories



This boat in this picture is likely the Iroquois, a steamboat built in 1907 for the Huntsville and Lake of Bays Navigation Company. It minaly served the isolated community of Dorset with the rail line at Dwight, which took passengers, freight, and mail to the ferry on Fairy Lake and from there, on to Huntsville. /Photo courtesy of the Minden Hills Cultural Centre

Brooksong Festival Day announcement

Brooksong Retreat and Cancer Support Centre (formerly known as Abbey Retreat Centre) invites the community to an afternoon of music and open house on Sunday, June 23, 2-7 p.m.

- Featuring 10 + local musicians (Jeff Moulton, Albert Saxby, Trina West, Jerelyn Craden, priMates, Thom Lambert, Jodi Timgren, Gord Kidd, Senendipty, Loney, Love and Love)

- Games for children and children at heart

- Face-painting

- Food available for purchase

- Celebrate the launch of the 5th Annual Haliburton Highlands Challenge

Bring a blanket, lawn chair, snacks and enjoy a day of music and fun for a great cause!
Call 705-754-2966 for more details.

HCPL's Book of the Week

It's the opening night of The Manor, and no expense has been spared. And yet, just outside the Manor's immaculately kept grounds, an ancient forest bristles with secrets. The local community resents what they see as the Manor's intrusion into the local woods and attempts to privatize the beach, and small skirmishes have erupted on the edges of the property between locals and the staff.

On the Sunday morning of opening weekend, the local police are called. There's been a fire. A body's been discovered. Something's not right with the guests. What happened on the grounds of the Manor the past 36 hours?

The Midnight Feast by Lucy Foley is available to borrow from the Haliburton County Public Library.

HHHS receives long-awaited CT scanner

$500,000 Match Announced for Gifts to HHHSF Campaign
Generous gift brings campaign for CT and state-of-the-art mammography closer to the Haliburton Highlands

The Haliburton Highlands Health Services Foundation (HHHS Foundation) Here for You in the Highlands campaign has received a significant boost thanks to a generous gift and pledge from long-time supporters Scott and Chere Campbell, who have made a substantial initial donation of $500,000 and have committed to matching community donations up to $500,000.

Scott Campbell stated, "This campaign is very important to improve health services locally for full and part-time residents, so we wanted to support the campaign with a significant gift personally. Our experience is that when people know their gift will be doubled with a match, it really encourages people to give. We also wanted to work with the Foundation to make this matching opportunity available."

The HHHS Foundation is raising funds to bring CT Scan and advanced Mammography equipment to the County along with other tools such as a new ultrasound unit and upgrading the Picture Archiving Communications System (PACS). This equipment will significantly improve the quality and speed of access to diagnostic imaging services locally. It is an important step forward in building a modern complement of healthcare services in the County that are Here for You when you need them.

"This is a real milestone for the Foundation." said David Blodgett, Chair of the HHHS Foundation, "When the matching portion is achieved, this will be the largest gift by individuals ever received by the Foundation. We are very grateful for the generosity and leadership of Scott and Chere Campbell."

"As I engage with individuals throughout the County, there is an overwhelming desire for better access to health services locally," stated HHHS CEO Veronica Nelson. "We are profoundly grateful for the generous support from Scott and Chere Campbell. We also need your support and appreciate every contribution to the enhancement of wellness and care at HHHS."

Veronica Nelson, president and CEO of Haliburton Highlands Health Services, stands with the new CT scanner that arrived at the Haliburton Hospital on Monday, June 17. /Photo submitted

With the gift from the Campbells, the HHHS Foundation has reached 78% percent of the $4.3-million goal. The HHHS Foundation will continue the Here for You campaign to raise funds for additional technologies that are badly needed, such as a new x-ray suite, to be able to respond to the evolving needs of the community.

While the Ontario Ministry of Health provides operating funds to HHHS, it counts on communities to raise the capital funds for new equipment.

"We are asking everyone across the County – full-time residents, part-time residents, cottagers, businesses, visitors – to open their hearts as the Campbells have done to contribute now," said Tayce Wakefield, lead volunteer for the Here for You Campaign. "If we all give at the level that we can, we will raise the funds the HHHS team needs to enhance care for us all."

To learn more about how HHHS is Here for You and how you can make a gift which Scott & Chere Campbell's pledge will match, please visit the Foundation website: hhhs.ca/foundation

For more information about the campaign and to discuss how you can get involved please contact, Executive Director, Melanie Klodt Wong (mklodtwong@hhhs.ca) 705-457-1580.

A Foundation for the Health of the Highlands

7199 Gelert Rd, P.O. Box 1413, Haliburton, K0M 1S0 705-457-1580 | 6 McPherson Street, P.O. Box 30, Minden, K0M 2K0 Charitable No: 89028 0449 RR0001 | hhhs.ca/foundation, foundation@hhhs.ca, 705-286-1580.

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Weekly Meat Rolls
When: Every Saturday, 3pm
Where: Coboconk Legion, Hwy 48 & 35
Join us for our weekly meat draw at the Coboconk Legion. 5 spins for $10. The first 4 rounds are for highest and lowest score with 2 winners per round. The last round is for a prepare-it-yourself dinner for two. Additional spins for this round are available for $2 each. Call (705) 454-8127 or email info@coboconklegion.ca for more information.

Scottish Country Dancing
When: Wednesdays, 7:30 - 9 p.m.
Where: Haliburton United Church, 10 George St.
You don't have to be Scottish to enjoy Scottish Country Dancing. Beginners are always welcome, no partner required.
Bring soft soled indoor shoes. RSVP to haliburtonscottishcountrydance@gmail.com byTuesday evening. $5 per person, per evening. to host the new pollinator plants.

Museum Summer Open House
When: Saturday June 22 at 2 p.m.
Where: Red Cross Outpost Museum, 2314 Loop Rd, Wilberforce
Visit us and see our Museum and displays. Refreshments provided. http://www.facebook.com/wilberforceoutpost. Contact Barb Schofield at 705-448-2598 or wilberforcebarb@yahoo.ca for more information.

Haliburton Highlands Land Trust Annual General Meeting
When: June 24, 7 p.m.
Where: Online via Zoom
Haliburton Highlands Land Trust welcomes all to join us for our AGM, members in good standing 30 days prior to meeting have voting privileges. Pre-registration is required to receive ZOOM link at www.haliburtonlandtrust.ca

Wilberforce Canada Day Celebration
When: Monday July 1 at 11:30 a.m.
Where: Red Cross Outpost Museum, 2314 Loop Rd, Wilberforce
Join us at the museum for the flag raising, music and refreshments. Visit www.facebook.com/wilberforceoutpost for more information or contact Barb Schofield at 705-448-2598 or wilberforcebarb@yahoo.ca.

Youth Garden Club
When: July 2, 6 - 7 p.m.
Where: Minden Hills Cultural Centre, 176 Bobcaygeon Rd
The Youth Garden Club is for children in grade 2 or higher that want to explore their interest in all things that grow. The July meeting will be a Pollinator Field Study and Plant Pressing and will be held at the Cultural Center.

Descendants from the Nine Ships: the search for Peter Robinson settlers

by THOMAS SMITH
Editor

From left, Janice Stange, Janet Hamilton, Barbara Cain, Margo Phillips, and Judy Cameron have spearheaded the collaboration with the Nine Ships project and the search for Peter Robinson settlers in Trent Lakes, Haliburton County, and beyond /THOMAS SMITH Staff

"My husband has ancestors who came over. Our farm that we live on, the farmhouse was built by Michael Cain who was five years old when he came over with the Peter Robinson settlers and it is still used today. It wasn't in our family until eight years ago," said Barbara Cain, president of the Greater Harvey Historical Society.

"He went over and made arrangements in England to transport just over 2,000 settlers," said Cain. Age and able-bodiedness were required to receive land in Canada. Over 250,000 Irish settlers applied, says Cain. These settlers were given land with a shanty built for them and provided with flour, sugar, kitchen supplies and animals to start them off on the land.

"Most of them were all peasants. They lived on very small lots of land and they had to turn over half their gardens to whoever was in charge of the land. In my husband's family's case, it was Lord Kingston who signed off for a lot of the settlers to come. They settled all over. Many came up this way. After they had settled in Douro offered lots up here, like 100 acre lots. So a lot of them came up with the idea that they could farm until they found out it was rock country. They took other jobs but they had gardens and a cow and things like that," said Cain.

"Some moved up as far as Haliburton. That is who we are looking for, people that know if their ancestors were Peter Robinson settlers," said Cain "And some of their family trees too. Everything that's going on will be big in 2025. That is the actual 200th anniversary."

There were nine ships that came to Canada. The names of these ships included Albion, Amity, Brunswick, Elizabeth, Fortitude, John Barry, Regulus, Resolution, and Star. Peter Robinson was a Canadian politician responsible for the immigration of thousands of Irish settlers to Canada in the 1800s. Initially called Scott's Plains, Peterborough is named after him.

Peterborough, Downieville, Douro, and locations in County Cork, Ireland are a small selection of places with plans to celebrate the arrival of Irish settlers to Canada in 1825.

> Some moved up as far as Haliburton. That is who we are looking for, people that know if their ancestors were Peter Robinson settlers.
>
> — BARBARA CAIN, PRESIDENT OF THE GREATER HARVEY HISTORICAL SOCIETY

"We are reaching northward because out of all the historical societies, we are the ones that are closest to Minden," said Cain. "That's why we want the information. We know they're out there, we just need to find them."

"There will be people coming from the U.S., out west, all over. People are getting very excited. A lot of them that know their family history are getting very excited. For the 150th anniversary, one of the fellows built a shanty."

The Greater Harvey Historical Society (soon to be called the Trent Lakes Historical Society) is searching for descendants of Peter Robinson settlers in connection with the Kawartha Ancestral Association (KARA) and other efforts in Peterborough. The Greater Harvey Historical Society will also have a booth at the Kinmount Fair and have a book for people to provide contact info to give them information.

"It was a mass exodus of Irish peasants. These are people with a whole bunch of children who were starving to death. Peter Robinson saw this and got permission from the government to offer them land. It was a massive amount of people that came over at one time," said Cain.

The landscape was not like the Trent Lakes and Haliburton County area that we know of today. Typically, the families had more than ten children, said Cain. "That is a lot of Irish descendants in the area."

"I don't think a lot of people understand how poor these people were. How they suffered. Look where you are now, it is because of them," said Cain.

"Everybody knows that people come from immigration, that is what our society is primarily built on. It is a unique, large group that came," said Janice Stange.

"We will try and record any and every piece of information we get," said Cain. The historical society will also assist people searching their genealogy in the area.

"We are very lucky that we are supported by the Trent Lakes municipality," said Cain. "They give us these two rooms, give us money every year to operate, not all historical societies have that."

2024 is the 40th anniversary of the Greater Harvey Historical Society. With early beginnings in a garage, the Buckhorn Historical Society changed its name to include Buckhorn's surrounding areas. There are intentions to change the name again to identify their organization with Trent Lakes. The historical society is entirely volunteer run and the public is encouraged to volunteer or join as a member.

It could be estimated that there are over 100,00 descendants of the settlers that arrived on the nine ships from Ireland. In an effort to maintain and celebrate Irish heritage, the Greater Harvey Historical Society encourages anyone that may have information or stories they would like to share, to contact them.

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Tradition in Kinmount

The Icelandic Canadian Club hosted an Icelandic National Day Picnic celebration on Saturday, June 15 in Kinmount to remember Icelanders that settled in the area in 1870s. /TIM YANO Special to the *Times*

Managing the world in your pocket

ERIN KERNOHAN-BERNING
Humans and Technology

The world is loud, and many of us have a little device in our pocket that is constantly telling us what is going on in the world. Our mobile devices alert us to something happening – whether it's a global crisis or someone remarking on their excellent lunch – with equal urgency, regardless of importance.

Pre-internet forms of communication weren't nearly so constant. Receiving mail may have been a twice daily occurrence in urban areas, and often a weekly occurrence in rural areas in the early 20th century. Newspapers were generally daily or weekly, with a handful having morning and evening editions. The television news, at one time, was largely a daily occurrence prior to the rise of the 24-hour news cycle typical of CNN and its peers. This stands in contrast to the potentially multiple times per hour that our smartphones can interrupt our day.

Knowing so much more about what goes on in our world is a good thing. It's possible to see someone's perspective from somewhere in the world that isn't here, and we can learn more about places and situations that aren't part of our everyday life. However, the immediacy and urgency that smartphones, news apps, and social media put on drawing our attention to absolutely everything, doesn't give us the time or space to absorb what we are learning about. It makes us reactive, rather than reflective.

Entertainer Bo Burnam in his song "Welcome to the Internet" describes this fire-hose of information as "a little bit of everything all of the time." The trick is learning how to turn that fire-hose down to a manageable level. The good news is, there are tools we can use to do this. The bad news is that it still takes a certain amount of effort – when something is monetized through our constant attention, it is hesitant to let that go.

You have the option on most devices to turn off any and all notifications, however that is likely not practical for everyone. Rather, you may want to turn notifications off or on for specific apps, which can usually be found in the device settings but sometimes also in the settings of the app itself. Depending on the app, you may have more granular control over what notifications you get, such as being able to mute specific accounts or specific notification types. Note that emergency notifications that are a part of the Alert Ready Emergency Alert System are not silenced by turning your off your device's notifications.

Another feature that many devices have, particularly smart phones, is the ability to have a digest of notifications delivered at a specific time of day. You can usually specify which notifications are included in the digest, and which notifications should be delivered immediately. For instance, I have my social media notifications set to appear in a digest because I really don't need to get those immediately – especially while I'm working or doing other things. But I have my weather app set to deliver notifications immediately because I want to know when stormy weather may be approaching.

If you find it hard to stop scrolling once you are prompted to open an app, you aren't alone. Social media apps, in particular, are built to try and keep you engaged for as long as possible. They do this by providing a never-ending scroll of content that has been algorithmically determined to be of interest to you based on data gleaned from your previous use patterns and device location, among other things. There are, however, a few ways of circumventing this artificially infinite supply of content.

One way is to move away from the "for you" type content feed and only look at accounts you actually follow. The downside of this is that many apps, including Instagram and Meta's Twitter-clone, Threads, as well as TikTok, revert to the algorithmic feed each session forcing you to actively choose your following feed. Social media platforms such as Bluesky and Mastodon let you remain on your following feed for multiple sessions, providing a natural end to the new content available to you each visit.

Screen time controls are another way to moderate how long you use certain apps. If you know you only have a half-hour to scroll before you can't open the app for the rest of the day, you may find yourself using it more mindfully rather than just infinitely scrolling.

Taking these steps does require digging into your device's settings a bit, so I'll post some how-to links for this on my website along with this article at erinkernohan.ca. Hopefully some of these ideas help you turn "a little bit of everything all of the time" into something a bit more manageable.

SUBARU

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Celebrating waste workers

The week of June 17 is Waste and Recycling Workers Week.

During this special week of celebration, we thank the people who work daily to keep our communities safe and clean.

According to the industry association Waste To Resource Ontario, "the waste and recycling management sector contributes more than $4.23 billion to Ontario's economy and employs about 33,327 people in Ontario."

Haliburton County is made up of four local municipalities: Algonquin Highlands, Dysart et al, Highlands East, and Minden Hills. Each local municipality is responsible for operating its own waste management programs including recycling, disposal, and drop-off sites.

Between the four local municipalities, there are approximately 50 waste disposal site attendants, equipment operators, drivers, and managers, who are responsible for more than just customer service. They are also responsible for health and safety, site maintenance and operations, record keeping, and ensuring compliance with provincial regulations and local by-laws.

"Don't forget to bring your landfill user identification card every time you visit," said Sam Briggs, a waste disposal site attendant with Watson General Contraction, working for the Township of Algonquin Highlands. "We need to follow provincial rules, which means we can only accept waste from within the municipality. Your landfill card helps us confirm that. Provincial rules also require that we screen all materials entering the sites, so be prepared for us to take a look at what you are bringing in."

"Only use clear bags for garbage. That rule has been in place in Haliburton County since the early 2000s," said Steven Dudgeon, a Landfill Attendant employed by the Municipality of Dysart et al. "To save time, pre-sort your recycling at home. You need to separate your recycling into papers and containers. Papers include things like computer paper, magazines, and cardboard. Containers include things like cans, bottles, and plastic tubs and lids."

"Our landfills are facing more and more waste than ever before. The importance of reducing, reusing, and recycling is crucial to the environment and the lifespan service of our landfills. We all have a role to play in this, from purchasing reusable items, to properly sorting recyclable material from our waste. By embracing this way of thinking, we can protect our environment and create a healthier earth for generations to come," said Mark Lewis, a Landfill Attendant employed by the Municipality of Highlands East.

"Download our free mobile app Haliburton County Waste Wizard," said Mason Gordon, a Waste Disposal Site Attendant employed by the Township of Minden Hills. "In the app, you can look up items to learn how to properly recycle them, and you can get reminders about upcoming events like Household Hazardous Waste Days."

Right: Mason Gordon, a Minden Hills waste disposal site attendant. Left: Sam Briggs, a waste disposal site attended for Algonquin Highlands with Watson General Contraction. /Submitted

As we celebrate Waste and Recycling Workers Week, we thank all the waste disposal site attendants, equipment operators, and drivers, for making waste management programs in Haliburton County so successful.

Submitted

Sudoku brought to you by

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SUDOKU

7		4				3		
6						7		2
8							6	
				2	5		3	6
	6		7			9		
				9	6		8	
				8			5	
3					9			
				5		2		4

Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Answers on page 14

Poverty and Food Insecurity in Haliburton County

Haliburton County is known for its beautiful lakes, countryside, and thriving arts community. Our population swells dramatically in summer, when tourists and seasonal residents flock here to enjoy all the wonderful things the County has to offer. But a less known fact about our County is that almost 13% of local households here are considered low income. Many individuals and families are struggling to pay rent and buy healthy food. Children are coming to school without a proper lunch or with a lunch that they may feel doesn't meet the mark of their peers. These experiences are chronic stressors and can even lead to significant physical and mental health challenges.

According to the HKPR report Addressing Food Insecurity and Poverty in 2023, earning a living wage means you have enough income to meet your basic needs and provide a suitable quality of life. The hourly wage required to achieve this in Haliburton County has been calculated at $20.60. Yet, the Ontario minimum wage is still just $16.55. This means many of our local residents are almost 25% short of the income required to have a decent standard of living.

The Canada Mortgage and Housing Guide recommends that households spend no more than 30% of their income on housing, to ensure there is enough money left over for other basic needs. Yet, according to the HKPR report, nearly two-fifths (39.8%) of tenant-households spend more than 30% on housing in the HKPR district area.

Research has shown that the indirect costs of poverty, such as remedial education and social assistance programs, are far higher than the costs of actually lifting people out of poverty. Food banks, though temporary solutions, should be recognized as an important resource, while also acknowledging that not everyone feels comfortable accessing them.

In order to understand poverty and food insecurity in our community, it is imperative that we challenge our own perspectives using the lens of economic class to understand our own societal position and that of others, and consider long-term solutions. Employers must consider whether their hourly wage is actually a living wage and if there are things they can change to support this, such as professional development opportunities and annual pay increases. Most importantly, in order to address the root cause of poverty and food insecurity, we must advocate for income-based solutions, such as increases to minimum wage and basic income guarantees, and other methods of increased income security.

Submitted Point in Time Centre for Children, Youth and Parents

Destination North - Ragged Falls

by **RICK WHITTEKER**
Special to The Times

Can you name the five provincial parks that touch into Haliburton County? Driving from Minden Hills into Algonquin Highlands, through Lake of Bays and back into Algonquin Highlands, Ragged Falls Provincial Park is one of the five and winds its way through the most northern tip of Haliburton County.

Officially called the Oxtongue River - Ragged Falls Provincial Park, the waterfalls is dramatic destination but the journey along the Oxtongue River to get there is also impressive. Starting at Algonquin Outfitters, 10 km east of Highway 35, off Highway 60, here you will find a handy dock to launch from as you peruse some slick looking canoes on racks everywhere you look. It takes about one hour of leisurely paddling to get to the base of the falls from this put in point.

Pointing the bow south, we paddled under the highway bridge and skirted the northern shore of Oxtongue Lake. I was struck by how many long, sandy beaches there are on this lake. A rare feature on the rocky Canadian Shield, these sandy bays make attractive lodge locations, their colourful beachfront umbrellas reminiscent of sunnier southern destinations.

Paddling our way upstream, the river current was gentle, hardly noticeable, but what was noticeable was twitter of bird song all along the banks of the Oxtongue River. This narrow, vegetated space makes for a more intimate and tranquil experience than open water paddles. With both shorelines cloaked in dense shrubbery, pockets of cattail and mature spruce and pine, these varied habitats result in significant bird-life vitality!

The thick stands of swamp alder clustered along the shoreline are like saltwater mangroves, they provide food, shelter and nesting spots for wildlife in this freshwater environment. Birds can be seen fliting amongst the foliage and dragonflies use the bare branches hanging over the river as launching pads for their riverside sorties.

Fresh beaver chews laid strewn about, but it was a smaller mammal that made their presence known to us. A foraging muskrat had found a grassy buffet, and from a distance, it is surreal seeing a large bouquet of vibrant green grasses moving upstream, seemingly unaided.

Muskrats are omnivores but most their diet consists of cattail, rushes, water lilies and sedges with the occasional meal of clams, snails and frogs when the salad bar runs low. Looking like an overgrown mouse, muskrats get their name for a combination of the musky smell that the males produce when trying to attract a mate and their black and scaly rat-like tail.

Moving upstream, the sound of the falls hits us well before we see it. The base of the falls is a splayed-out boulder garden, a frothy dispersing of energy from the torrent above. The canoe takeout spot is also very rocky as is the hike up to the drama of the main event above.

The deep chasm of Ragged Falls. /Photos by Rick Whitteker

see ADVENTURES page 14

BILLET FAMILIES NEEDED

HALIBURTON COUNTY HUSKIES

The Haliburton County Huskies Junior A Hockey Team are seeking billet families to provide a nurturing environment for our players for the 2024-25 season!

Billet families play an integral part in the success and support of each player.

We ask that our players be welcomed into your home, treated like part of your family, and be provided with basic necessities during the season.

It is important that we work together to ensure the rules of your home and our team are respected by our players.

Players attend mid-August to mid-April

Responsibilities

- Provide healthy meals and snacks
- A bedroom of their own
- Access to laundry facilities
- Access to internet
- Not required to provide transportation

Compensation

- $600 monthly per player to cover expenses such as meals.
- 2 season tickets per household (approximate value $400 each)
- 2 complimentary butcher boxes throughout season

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The pristine scene of the Oxtongue River below the falls.

Taking in the views from the top of Ragged Falls.

Adventures of Ragged Falls

from page 13

Boulder strewn, the upper falls cascades with tremendous power through a narrow chasm. Viewing areas are safe but uneven and the view is stunning from high above the river below. There are no railings or other safety features, so care is needed here, especially on wet days.

Foot paths weave upriver beyond the falls, past a set of rapids to safe swimming spots and a stone beach. This rocky beach has five tower-like stone piles of impressive stature; wonderful place to hang out to cool off and enjoy the scenery. Further exploration upriver will give adventurous hikers more privacy and reward them with some sweet shallow swimming holes.

On this sunny June day, the bugs soon flushed us back down river to our canoe. Lingering at the base of the boulder garden, we ferried across the current enjoying the breeze generated from the force of the cascading waters above.

You never know what you might experience on these exploratory day trips. On the paddle back to our vehicle we met Jennifer Dailloux, Deputy Mayor of Algonquin Highlands and owner of the nearby Wolf Den Hostel and Nature Retreat. Jennifer was swimming in the river doing some spring training for a swimming fundraiser in August for the Haliburton Highlands Land Trust. We chatted and paddled for 15 minutes while Jennifer swam alongside of our canoe.

Which proved what I already knew, we were definitely in Haliburton County.

Parks Galore

The following are the five parks in Haliburton County.

Algonquin PP- a natural environment park and the first provincial park in Canada. Ten per cent of the park is in Haliburton County.

Dividing Lake PP- a non-operating park designated as a nature reserve connected to Algonquin Park northeast of Kawagama Lake.

Oxtongue River and Ragged Falls PP - a waterway park with a dramatic waterfall flowing southwest out of Algonquin Park.

Queen Elizabeth 11 Wildlands PP - a non-operating park with no facilities but over 100 different habitats and rugged hiking trails.

Silent Lake PP - a natural environment park with no motorized use permitted on the lake. Great trails with four season yurt and cabin accommodation.

Thanks to Thom Lambert for his insight into this little know nugget of information.

When social media blocks your access to the news, turn to your local newspaper.

mindentimes.ca

The Times

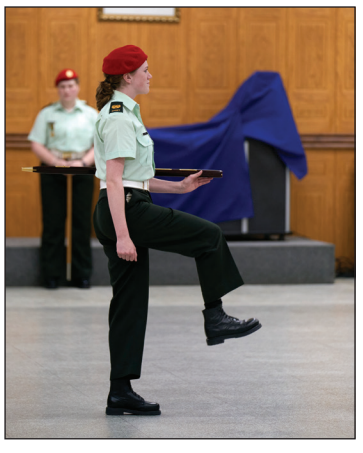
News Media Canada
Médias d'Info Canada

SUDOKU SOLUTION

7	9	4	5	6	2	3	1	8
6	3	5	9	1	8	7	4	2
8	1	2	3	7	4	5	6	9
9	7	1	8	2	5	4	3	6
4	6	8	7	3	1	9	2	5
5	2	3	4	9	6	1	8	7
2	4	9	1	8	7	6	5	3
3	5	6	2	4	9	8	7	1
1	8	7	6	5	3	2	9	4

Annual Review

Haliburton 129 Army Cadet corps march off the parade square during their annual review on Tuesday, June 11. Cadets received awards for their accomplishments throughout the year, and the commanding officer position was passed from Corina Hall-Mansfield to Max Ward. /TIM YANO Special to the *Times*



HALIBURTON HIGHLANDS HEALTH SERVICES

You are cordially invited to the

28th Annual Meeting of the
Haliburton Highlands Health Services Corporation
Thursday, June 27, 2024
HHHS Minden Auditorium
6 McPherson St., Minden

1:30-2:00 p.m. – Arrival / Registration / Refreshments
2:00-2:45 p.m. – Annual Meeting*
2:45-3:30 p.m. – Question & Answer Session**

Annual Meeting business will include:
Minutes of June 22, 2023 Annual Meeting
Corporate By-law & Professional Staff By-law Refresh
Election of Directors
2023-24 Audited Financial Statements / Audit Report
Appointment of Auditors
Report of the Corporation / Foundation

**Invited guests are welcome to observe the Annual Meeting. Please note that per Corporate By-law Article 4.8, voting is limited to Corporate Members in attendance in person.*
***All attendees in person and virtual are welcome to participate in the Q & A Session.*

Please RSVP to hhhsceoboardoffice@hhhs.ca by June 21, 2024, if you will be attending virtually or in person due to limited seating capacity. Zoom link and instructions will be provided two days before the event. The Annual Meeting will be recorded and made available on the HHHS website.

Minden Times Classifieds

Call 705-286-1288 classifieds@haliburtonpress.com Deadline 4 pm Each Monday

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LOST - Google Pixel 7 android cell phone. Between Haliburton post office, dump, Independent and Medical Centre. Contact 705-457-2867 if found.

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400 EMPLOYMENT OPPORTUNITY

Hyland Ice Supply, now accepting applications for 2024 summer season for **G Drivers**. Please contact us via e-mail or telephone at **info@hylandice.com** or **705-448-2973**, attention Carol

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SIRCH is seeking a **Casual Position Driver.** Needed for 1 to 2 days a week to transport goods and/or people. Must be an experienced driver with clean Driver's Abstract and vulnerable sector police check. Lifting is involved. $21/hour. Contact us at info@sirch.on.ca or call **705-457-1742** to apply

---

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The Haliburton County Echo and Minden Times are seeking a Summer Reporter/Photographer to join our award-winning newspapers in the heart of Ontario's cottage country.

Responsibilities will include:

- reporting on a variety of news stories, both planned and unexpected
- feature writing
- photography
- searching out story ideas

The successful candidate must have access to their own transportation.

Interested candidates should forward their resume with writing and photography samples to Editors, Vivian Collings or Thomas Smith by **Friday, June 21, 2024**

Vivian Collings vivian@haliburtonpress.com
or
Thomas Smith thomas@haliburtonpress.com

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Joan Sussan Down (nee Kinsman)

Passed away peacefully, in her 89th year, at Hyland Crest Long Term Care on Sunday June 9, 2024.

Beloved wife of Bruce Down for 67 years. Survived also by daughters Susan (Peter Knowlton), Patti (Gord Sharp), Jennifer (Mike Kennedy), daughter-in-law Jill Arbuthnot-Down (predeceased by son Phillip). Special Grandmother to 11 and Great Grandmother to 9.

As per Joan's wishes a Celebration of Life was held at Ebenezer United Church, 1669 Courtice Rd, Courtice, on Monday June 17 at 1pm.

If desired, memorial donations can be made to Ebenezer United Church, Hyland Hills United Church Minden or a Charity of your choice.

Arrangements entrusted to **NORTHCUTT ELLIOTT FUNERAL HOME**, 53 Division St. Bowmanville.

Condolences and donations may be left at www.northcuttelliott.com

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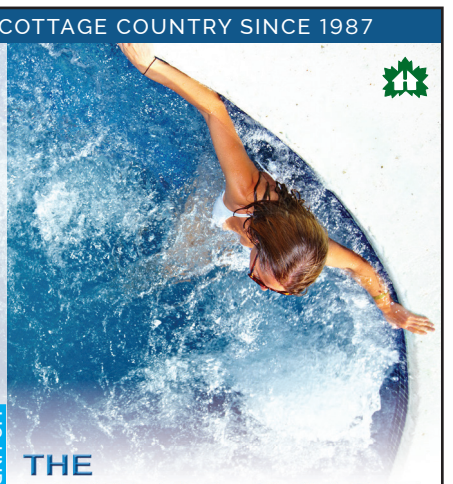

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The moths are back

Adult Forest Tent caterpillers are swarming to the night lights.

For the next three or four weeks, Haliburton will be bothered by the aftermath of this spring's invasion of Forest Tent Caterpillars.

The adult versions of these insects are now emerging from their cocoons and can be seen swarming around street lights and store windows at night. According to Gary Clements from the Ministry of Natural Resources, large numbers of these moths will be evident for the next few weeks.

A few weeks ago most of the caterpillars that were devouring the area's tree tops went into their pupa stage. Now the moths are out in force, laying their eggs for next spring's crop of caterpillars.

The moths have a life span of about two or three days when they mate and lay their eggs. Eggs are laid in groups of 100 or more, cemented together in bands which completely encircle a twig, and covered with a glue-like protective coating.

The Forest Tent Caterpillar moths are buff brown with three dark bands running across each forewing. They are normally in flight from late June until early August.

This is the second year of infestation in the Highlands, and Clements says the bugs will probably be around in large numbers for at least another two years before the population collapses. These infestations are a natural occurrence, happening every 10 to 12 years.

In the order of good news, Clements says the number of parasitic flesh flies is increasing. These flies are one of the factors which help bring about the collapse of caterpillar populations. The bad news is that the flies can be a greater nuisance to people even than the caterpillars or moths.

At night time, the moths can be seen swarming around street lights, which is one of the reasons why the trees around the Minden Post Office were covered so completely by the tiny caterpillars in the spring. One thing is certain, said Clements. Those trees that are near bright street lights will be covered with caterpillars again next spring.

It is possible to protect valuable forest stands with the use of spray, as soon as the caterpillars begin feeding in May. However, in most parts of Haliburton, this is not practical. Small trees around homes and in recreational areas can be protected to a degree by removing the egg clusters. This is best done in the winter when the egg masses are easily observed.

Beat the heat

With temperatures reaching record highs throughout most of last week, there was no better place to be than Rotary Beach. The popular public beach on the Gull River in Minden is a favourite watering hole for old and young alike.

Blood donor clinic tomorrow

The need never ends.

Whether you are on vacation, busy with summer business or simply relaxing under a tree, the need for a constant supply of fresh blood continues.

This week the Red Cross will be holding a blood donor clinic to help meet the need for transfusions and bolster the drop in donations received at their regular city clinics. The clinic will be held at the Haliburton Legion, Tuesday, July 12, from 2 to 8:30 p.m.

So why not take time out from your holiday, slip away from the busy shop for an hour or rouse yourself from under that tree and make sure the need is met.

Dysart receives sewage works grant

The township of Dysart et al has received $21,856 as first payment for a sewage works project, John Eakins, MPP for Victoria - Haliburton, announced on behalf of Environment Minister Jim Bradley.

The project includes expansion of the sewage treatment plant in the village of Haliburton.

The money is part of a grant estimated at $1,133,300, which is a provincial contribution toward the total cost of the project, estimated at $1.4 million.

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